

Jane Henney, M. D.
Commissioner
Food & Drug Administration
5600 Fishers Lane, Room 1471
Rockville, MD 20857

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Dear Commissioner Henney,

EXECUTIVE SECRETARIAT

I am a cyclist and in stages bike around the world. When I began serious biking in 1990 I had almost no knowledge of supplements, didn't use any and subsequently developed severe prostate and carpal tunnel problems on an 1800-mile ride through Canada/USA. With the help of vitamin B6, in particular, and Saw Palmetto I have not only been able to normalize my condition but better yet, I have prevented new occurrences as I biked across Europe (1995/96) 2200 miles, USA, Mexico and Guatemala (1996) 2300 miles, Australia (1997) 2700 miles and I have just returned from biking 2500 miles through Turkey, Georgia and Russia without any health problem.

Rationale: These and other supplements work extremely well for me and have allowed me to avoid serious health concerns and consequent costs. What works for me could work for others and I, therefore, strongly urge you to support approval of the four new claims concerning folic acid, vitamin B6, B12, saw palmetto extract, psyllium seed husks and vitamin E as presented by Senators Hatch and Harkin.

Sincerely,

Hans Frischeisen

Hans Frischeisen
1517 S. Virginia St.
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99P-3029

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People

From Tierra del Fuego to the Beaufort Sea

By Randy Sportak
Observer staff

The old adage "because it's there" is the reason someone would travel from the Arctic Circle to the Antarctic Circle.

For fifty-year-old Hans Frischeisen of Reno, Nevada, that is a major reason for his nine month venture in which he will kayak, bicycle, and canoe the distance of the world.

"I've travelled all this before by bus etc.," said Frischeisen. "But I thought 'how much more of a thrill it would be to go by bike, river, and so on.'"

As he passed through Quesnel, he was on the second stage of the journey, cycling from Fort Nelson to Reno.

Part one of the journey consisted of a kayaking trip from Fort Nelson to the Beaufort Sea via the Mackenzie

CYCLING, CANOEING & KAYAKING ACROSS TWO CONTINENTS



He will fly down to the southern tip of South America and begin the long trip back up to Reno.

During an earlier trip to Tierra del Fuego, Hans learned about the hospitality of South Americans "that is almost embarrassing to us."

When a stranger enters a home there, the hosts won't ask who you are, they will tell you to sit down and place a plate of food in front of you, says Hans.

"There's little conversation, then someone will say, 'you sleep over there.'"

The only fears he has about South America are the unknown, and crime.

"People are much poorer and destitute, so more crime exists. It's because people find

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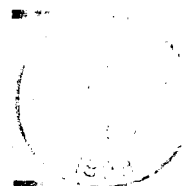
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